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SPEED KILLS

Dead man's curve. The Amtrak train that derailed Tuesday night, leading to at least seven deaths and 200 people being hospitalized, was traveling at 106 mph — double the speed limit — before it jumped the tracks. Officials marveled that so many people walked away from the torn steel wreckage. PAGE 02

An aerial view of the Amtrak Northeast Regional Train 188 derailment, taken on Wednesday. / GETTY IMAGES

Cops shoot hammer wielding suspect

PAGES 08-09

Baltimore riots cost $9 million: Govt report

PAGE 11

Matt Dillon talks life in 'Wayward Pines'

PAGE 16

No need to cross the river for great grub

PAGES 18-19

Fantasy football: More draft fallout

PAGE 25

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1 NEWS

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Train braked on curve at 106 mph before crash

Derailment. Investigators begin probe of massive accident as some of the seven fatalities are identified.

Amtrak Northeast Regional Train 188 was traveling at twice the posted speed limit when it derailed Tuesday night, killing at least seven people, officials said.

But Robert Sumwalt, a member of the National Transportation Safety Board, declined to comment on the cause of the crash at a press conference Wednesday night.

Sumwalt said the train's engineer applied an emergency brake while the train traveled at 106 mph toward a left turn. Seconds later, the train, with seven cars and one engine, slowed to 102 mph. At that point the locomotive's black box data recorder cut out.

At least 23 people remain hospitalized at Temple University Hospital — eight of them critically — after the New York City-bound Northeast Regional train went off the tracks Tuesday at about 9:30 p.m.

The engineer applied the brakes while the train was on the curve, Sumwalt said.

Philadelphia Mayor Michael Nutter marveled that more people on the train carrying 243 people, 200 of whom were injured, weren't killed.

"To see these cars, these huge metal vehicles turned upside down, one basically almost split in half … this is a completely devastating situation," Nutter said. "It is incredible that so many people walked away from that scene [Tuesday] night."

Six of the deceased were found at the site, among them Justin Zemser, 20, a U.S. Naval Academy cadet; Jim Gaines, 49, of Princeton, New Jersey, an employee of the Associated Press; and Philly tech CEO Rachel Jacobs, 39, The New York Times reported.

Many of those 200 injured were transported to Temple University Hospital, where chief medical officer Dr. Herbert Cushing said doctors were seeing lots of rib fractures, and surprisingly few head injuries.

Rib fractures were a sign that passengers and their belongings "rattled around in the train car a lot," he said.

Cushing expects all of those patients to survive.

It's unclear if the death toll will rise. Officials cautioned Wednesday evening that many more are missing. They will continue to search the wreckage.

Quoted

"To see these cars, these huge metal vehicles turned upside down, one basically almost split in half … this is a completely devastating situation." Nutter

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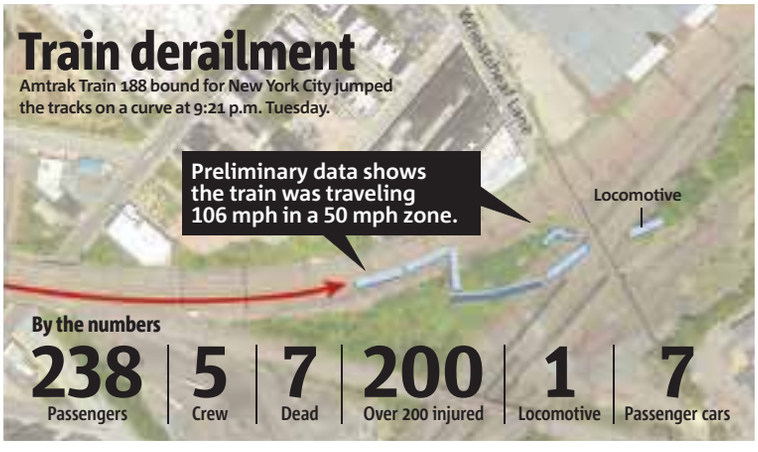
Train derailment
Amtrak Train 188 bound for New York City jumped the tracks on a curve at 9:21 p.m. Tuesday.
Preliminary data shows the train was traveling 106 mph in a 50 mph zone.
Locomotive
By the numbers
238 Passengers
5 Crew
7 Dead
200 Over 200 injured
1 Locomotive
7 Passenger cars

Top, an overturned car; bottom, aerial view of wreckage; center to right, an injured passenger arrives in New York, Mayor Nutter speaks, the scene inside the crash / GETTY IMAGES

Crash. Derailed Amtrak did not have latest safety controls

The rails where an Amtrak train derailed on Tuesday were not governed by an advanced safety technology meant to prevent high-speed derailments, officials familiar with the investigation said on Wednesday.

Positive train control (PTC) automatically slows or even halts trains that are moving too fast or heading into a danger zone. Under current law, the rail industry must adopt the technology by year end.

The cause of Tuesday's crash, in which seven people were killed, has only begun to be investigated. Regulators are examining whether excessive speed led to the derailment on an Amtrak line in Philadelphia.

Amtrak has begun installing components of a PTC system but the network is not yet functioning, federal officials said.

Amtrak did not respond to a call for comment.

"A functioning PTC system should prevent this," said Joseph Szabo, who stepped down in January as administrator of the Federal Railroad Administration.

Federal rules require the national rail network to have an operating PTC system by the end of the year, though there has been a legislative push to extend that deadline by years. REUTERS

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Police tape blocks the area near the wreckage of a train that derailed Tuesday, killing seven. / GETTY IMAGES

Expert: Amtrak still safe despite the Philly crash

Are trains safe?
A greater number of people take the train instead of flying for regional travel.

Tuesday's Amtrak derailment in Philadelphia has stranded commuters up and down the Northeast Corridor, and left travelers on their toes in the wake of the fatal crash.

The crash left seven dead and 200 injured. A preliminary investigation by the National Transportation Safety Board found that the train was traveling more than 100 mph — over twice the speed limit — when it derailed.

Even with an SUV crash in Valhalla in February that killed six people and December 2013's Metro-North derailment in the Bronx that killed four, Robert Paaswell, distinguished professor and director emeritus at City College's University Transportation Research Center, said derailments make the news because they almost never happen.

Bad weather and electrical failures are the usual culprits that shut down northeastern travel, Paaswell said, not devastating crashes.

"Being a passenger and going by rail is extremely safe," Paaswell said, adding that a greater number of people take the train instead of flying for regional travel. "What passengers should be doing is asking Congress to give Amtrak more money to improve infrastructure and have positive train control."

Positive train control is a technology upgrade designed to stop or slow down trains before they crash or derail, and federal law requires the system to be on all passenger and freight trains by the Dec. 31 deadline.

Democrats and Republicans clashed in a hearing on Wednesday morning, with Republicans continuing to advocate for a $260 million cut from Amtrak's budget.

"I think the point is I wouldn't hesitate to go to Penn Station and get on the train today," Paaswell said. "It's a safe way to travel and a quick way to travel."

Safety compared

Passenger fatalities per billion passenger miles:

0.43
Commuter rail or Amtrak

.11
Bus

.07
Commercial aviation

Source, Ian Savage, "Comparing the Fatality Risks in United States Transportation Across Modes over Time"

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Safety first?

White House criticizes House GOP plan for cuts to Amtrak

The White House criticized Republicans in the U.S. House of Representatives for a plan that would cut grants to Amtrak, part of a transportation funding bill that lawmakers were set to consider on Wednesday in the wake of an Amtrak derailment.

The House spending bill for the coming fiscal year would cut Amtrak grants by $252 million from current levels, said Shaun Donovan, director of the White House Office of Management and Budget.

"You're looking at more than a 15 percent cut in investments in Amtrak," Donovan told reporters on a conference call, noting President Barack Obama had proposed a boost to Amtrak funding to $2.45 billion, up from current levels of $1.4 billion. Donovan also said the federal investigation into the cause of the derailment is ongoing and cannot be linked to funding levels. REUTERS

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Strange, quiet Penn Station the day after deadly crash

Transportation. Metro spoke with wary travelers at New York City's busiest travel hub.

Penn Station at noon is usually just as busy as the midtown streets surrounding it. But the day after the fatal Amtrak train derailment that killed seven people and injured many more, the usually bustling hub was eerily quiet.

The Amtrak waiting concourse, so packed with people on a normal day that it's impossible to walk in a straight line from one side to the other, had just a few dozen travelers waiting to go to Boston and Trenton. At the platforms serving Philadelphia and Washington D.C. — some of the most well-traveled routes in the country on a daily basis — the lines of people were conspicuously absent.

Over at the Amtrak service windows, however, the line was growing gradually longer — some people arriving in a state of confusion about whether their trains were running (they weren't) and others resigned to just getting a refund and making other plans (plane tickets were getting pricier by the hour, one commuter told Metro).

One bewildered couple walked away from the service windows with "Greyhound" scrawled across their printed Amtrak ticket.

They discussed intently among themselves what they should do next.

A scattering of travelers stood glancing anxiously at the billboard — for a handful of people trying to get back home to Philadelphia the best solution seemed to be rerouting via New Jersey, and then improvising from there, perhaps with a rental car or perhaps with a bus.

With Amtrak service between New York, Philadelphia and D.C. not expected to be back on schedule any time this week, it seems certain that it will be a while before Penn Station is back to its hectic routine again.

Travelers wait at Penn Station on Wednesday amid major delays in travel service after an Amtrak train bound for Washington, D.C. derailed. / MILES DIXON, METRO

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Quoted

"What I am a bit surprised by is the lack of service by the Amtrak people. The first woman was really rude and said I should come back on Friday. ... I know it's tough to answer the questions, but there should be a better way to do it than the way they are handling it."

Jeanette Amara, 43, tourist from Norway

"I was planning on coming back last night — one of my colleagues did — and they stopped in Trenton. Fortunately he was like, 15 minutes before the crash. It definitely made me think more than once about [taking the train], but I still consider it pretty safe."

Steve Mullin, 59, Philadelphia

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Man shot in Midtown after

Hammer attack. Police said they believe the suspect, David Baril, is behind Monday's random hammer attacks.

The man critically shot after allegedly attacking a police officer with a hammer in Midtown has a history of mental illness and a disturbing social media trail, officials said Wednesday.

David Baril, 30, was shot four times around 10 a.m. in the area of West 37th Street and Eighth Avenue, and is in critical but stable condition at Bellevue Hospital.

Police Commissioner Bill Bratton said Baril was believed to be behind four random hammer attacks throughout the day on Monday.

The NYPD released video of the encounter, which was over within seconds.

Bratton said Baril was identified by the departments facial recognition technology earlier in the week, and his photo was distributed to police officers on patrol. Baril was spotted by Officers Lauren O'Rourke and Geraldo Casaigne, who followed him

David Baril, 30, suffered from mental illness, according to police. / NYPD

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Out of the blue

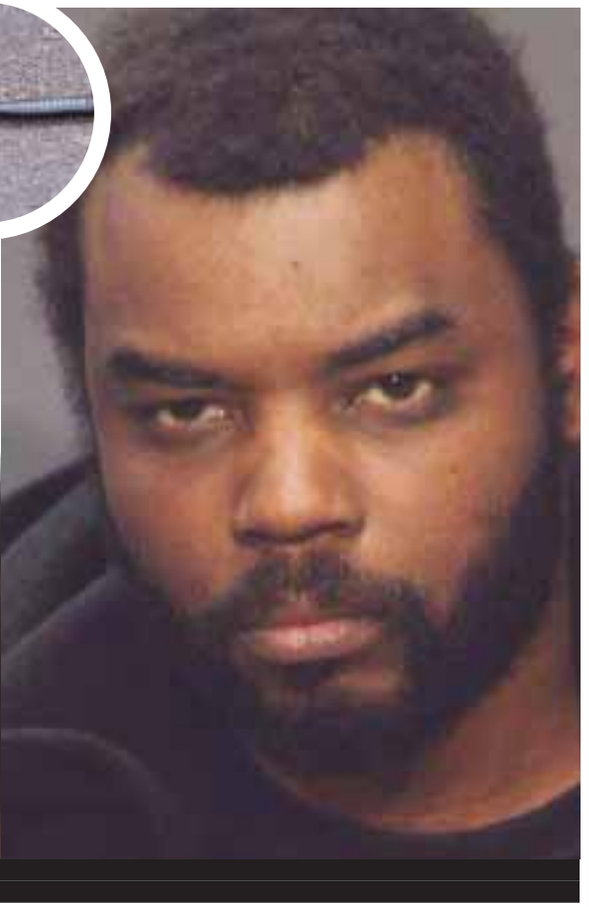
The NYPD released surveillance video of Wednesday's rumble with police. Visit Metro.us to see it online.

Police suspect Baril in multiple hammer attacks

Baril allegedly hit two women in the head with a hammer in two separate attacks near Union Square on Monday evening.

The first assault happened when the suspect approached a 28-year-old woman who was sitting on a park bench around 7:30 p.m. Baril allegedly took a hammer out of his bag and hit her in the head. She was taken to Lenox Hill Hospital and

attacking cop with hammer



is reportedly in stable condition.

About 10 minutes later, on West 17th Street between Fifth and Sixth avenues, a 33-year-old woman was hit in the back of her head. She was treated for a scalp injury and was later listed in stable condition at Lenox Hill Hospital.

Police said Baril may be linked to a third hammer attack earlier Monday.

A man was hit in the head with a hammer around 2 p.m. in the area of Sixth Avenue and 35th Street.

Police are investigating if that attack is related. METRO

for about a block. When Baril realized he was being followed, he took out a hammer and started hitting O'Rourke with it, Bratton said.

Casaigne shot Baril three of four times in the head, torso and right arm, Chief William Aubry said.

"He will not be on the streets attacking innocents any longer," Bratton said, adding that both "veteran officers" acted "professionally and heroically."

Baril, from the Bronx, is a paranoid schizophrenic believed to be living on the streets. His last address was at a mental health facility in Upper Manhattan, which he voluntarily left in January. He has eight prior arrests in New York City, including an attempted assault on a police officer in 2013, possession of cocaine and a stun gun.

Bratton said Baril had an alarming social media history, including a drawing of a hammer dripping blood. His account has numerous drawings Baril calls "devils," and a photo shows him wearing a camouflage face mask similar to one recovered by police at the scene.

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Five things you need to know

1 House eyes narrowing spy access to Americans' personal data

Broad U.S. government powers to collect personal data on Americans, such as travel and financial records, would be curtailed under a bill expected to win approval on Wednesday in the U.S. House of Representatives.

Mostly framed so far as dealing with bulk collection of domestic phone call data, the bipartisan USA Freedom Act addresses activities much broader than phone calls, said government officials and privacy experts.

For instance, they said, the FBI has used the USA Patriot Act, enacted after the Sept. 11, 2001, attacks and court rulings to gather records of hotel stays and international wire transfers by companies such as Western Union.

Under the USA Freedom Act, such powers would remain in place, but investigators' data-collection power would be narrowed to cases where the government sets out tightly targeted "specific selection terms." REUTERS

NSA monitoring base / GETTY IMAGES

2 Army officer kills 11-year-old daughter, then himself

A Kentucky U.S. Army officer who police believe fatally shot his 11-year-old daughter before killing himself had been involved in a child support dispute with his ex-wife.

The bodies of Lt. Col. John Jonas, 49, and his daughter, Tasha, were found on Monday night in the yard of his home in Vine Grove, west of Fort Knox, Kentucky, police said on Wednesday.

Authorities did not provide a motive for the shooting.

Jonas had been involved in a dispute involving Tasha's mother, Karina Jonas, according to court records and the fundraising site, "GoFundMe," which is raising money to allow Tasha's body to go to her mother in Virginia. REUTERS

3 Vatican says it has agreed to first treaty with State of Palestine

The Vatican concluded its first treaty that formally recognizes the State of Palestine, with an agreement on Catholic Church activities in areas controlled by the Palestinian Authority, the Holy See said on Wednesday.

The agreement "aims to enhance the life and activities of the Catholic Church and its recognition at the judicial level," said Monsignor Antoine Camilleri, the Vatican's deputy foreign minister who led its six-person delegation in the talks. REUTERS

4 NC man sentenced for providing material support to Islamic State

A North Carolina man accused of seeking to join Islamic State insurgents fighting in Syria was sentenced on Wednesday to more than 20 years in prison for trying to provide material support to the group.

Donald Ray Morgan pleaded guilty in October to allegations he tried to help the militants between January and August of last year.

Prosecutors said Morgan left North Carolina for Lebanon and tried unsuccessfully in May 2014 to travel to Syria to join Islamic State militants. REUTERS

5 Wisconsin protesters call for say in officer investigations

Hundreds of protesters gathered in Wisconsin's capital on Wednesday, calling for a say in the hiring and firing of Madison police, a day after a prosecutor said an officer's fatal shooting of an unarmed biracial teenager was justified.

Relatives of Tony Robinson Jr., 19, had expressed disappointment over Dane County District Attorney Ismael Ozanne's decision that Madison officer Matt Kenny, who is white, used justified lethal force in the March 6 shooting. REUTERS

Wisconsin / GETTY IMAGES

Baltimore rioting damage estimate at $9M: Government

Gray's death. Chief prosecutor has brought criminal charges, including one murder charge, against six officers.

Looting at the CVS in Baltimore / GETTY IMAGES

Damage from rioting in Baltimore over the death of a black man from injuries in police custody is estimated at $9 million, a U.S. government survey showed on Wednesday.

The survey by the Small Business Administration found that more than 30 businesses and one home sustained major damage between April 25 and May 3 in unrest sparked by the death of Freddie Gray, 25.

The survey also found 254 businesses and one home experienced minor damage.

Maryland Senator Barbara Mikulski, in a letter on Tuesday also signed by fellow Maryland Democratic Senator Ben Cardin and U.S. Democratic Representative Elijah Cummings, called on the Small Business Administration to help with the creation of disaster centers.

They also urged the agency to come up with a plan to inform business owners who are eligible for benefits about how to apply for disaster loan assistance. **REUTERS**

Cost

$8.93M

Damages to businesses totaled $8,927,000 and $60,000 to homes, a spokeswoman said.

Second Nepal earthquake. No sign of missing US aid helicopter

Collapsed buildings and houses in Dolakha, Nepal / GETTY IMAGES

A daylong search failed to find a missing U.S. Marine helicopter on Wednesday, a day after the second Nepal earthquake in less than three weeks killed scores and triggered landslides across the Himalayan nation.

The U.S. helicopter was delivering aid in Dolakha, one of the districts hit hardest by both quakes, on Tuesday when it went missing with six Marines and two Nepali soldiers onboard.

Six Nepali helicopters and about 400 soldiers found no sign of the Marine Corps UH-1Y Huey in forested and rugged terrain.

"There is no positive confirmation of any sighting of the aircraft, and we have no communication with them at this moment," said Marines spokeswoman Captain Cassandra Gesecki. She said there was no evidence to indicate a crash.

Roads in Dolakha were cracked and littered with large boulders, a Reuters witness said. In the village of Suspa Kshamawati, 80 percent of the houses were destroyed.

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What the carriage-horse industry doesn't want you to know
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OMG! Real-life Star Trek 'replicator' makes small meals in 30 seconds

Star Trek's food 'replicator,' used to synthesize meals out of thin air, was the envy of sci-fi fans too lazy to cook. Now this culinary fantasy could somewhat become a reality, thanks to a new device that can create the food you crave in 30 seconds. The Genie, which looks like a stylish coffee-maker, can conjure up a varied selection of meals and desserts using little capsules with dehydrated ingredients. Controlled via a smartphone app, the gizmo begins mixing and adding any required liquids from tubes attached to the back of the device to bake or cook the desired dish at the appropriate temperature. Metro spoke to Israeli entrepreneurs Ayelet Carasso and Doron Marco, from the firm White Innovation, about their futuristic kitchen appliance, which is soon to begin distribution to local vendors in Europe and the U.S.

The Genie food device / WHITEINNOVATION.NET

The Genie is quite a small device. How can it prepare real food?
It's just like a coffee machine: You use whatever capsule you like. For example, if you want chicken with rice, you choose the capsule for that and put it into the Genie. It knows which capsules you inserted, adds liquids, mixes and cooks it at the exact setting required. It can even customize to your personal tastes — make it more or less crispy, etc. — and is done in less than a minute.

How many different meals does it do? Does it have limitations with ingredients?
We are working with a few chefs who are making the recipes. We will have an unlimited amount of capsules. We are also working with all kinds of food companies that are making their own branded capsules.

What about those with food allergies? Can it cook some special meals for them?
One of the amazing things is that you can have all kinds of capsules for all types of sensitivity — such as gluten-free, sugar-free, no milk, no eggs, etc. Think about a family that eats the same food: One may need more sugar or vitamins while the others may not. There is no option to do this today, outside of cooking individual meals for everyone, but now the Genie gives you that choice.

Could the Genie help people who are trying to lose weight?
Yes! Obesity is another issue because the nutritionist tells you that you need to eat several small meals throughout the day, but not many people can do it. Here, it's possible for anyone.

I'm trying to imagine the taste, and all I can think of is "synthetic" or "fake."
No, the taste is amazing. It's just like having a chef preparing a meal for you, and you eat it fresh!

WANISE MARTINEZ,
METRO WORLD NEWS

Visit us online at **Metro.us/omg** for more interviews.

Question

How much will the device eventually cost, and when will it be ready to sell?

For now, we are not putting the Genie on the market for the private consumer. Firstly, we are going to market the device to coffee shop chains, offices and then to private household consumers. In Israel, we'll launch it in the next few months at the cost of several hundred dollars.

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1 Vin Diesel gets his own cheating scandal

Vin Diesel is currently weathering his very first infidelity fracas, as the "Furious 7" star is battling claims that he's been stepping out on longtime girlfriend Paloma Jimenez, with whom he has three children. "Vin has a double life," a source tells Life & Style. "About a year ago, he met this girl at a party in NYC. They hit it off, one thing led to another, and before you know it, they were making out. That little fling turned into something more, which lasted for a couple of months. Vin and the woman had a whirlwind romance based on sex. Vin's secret was safe — until now — because the woman was also in a long-term relationship." So, I'm guessing that last bit has changed since Vin's supposed secret doesn't seem so safe anymore. Now, a good "Vin Diesel is leading a double life" story has been a long time coming, but this isn't exactly how I imagined it playing out.

ALL PHOTOS GETTY IMAGES

2 Scarlett Johansson is apparently physically perfect

As far as ideals of perfect physical beauty, one from all the way back in ancient Greece seems pretty tough to argue with, yeah? That's at least what lingerie brand Bluebella seemed to be thinking when it checked to see how a bevy of female celebrities stacked up against the "Golden Ratio" of curves (which is 1.618, for all you math nerds out there). And according to this very scientific study, Scarlett Johansson is as "close to physical perfection" as any living celebrity, thanks to her ratio of 1.560. Kim Kardashian came in second while Helen Mirren nabbed third place. Way to go, Helen Mirren! Not that these women aren't gorgeous and all, but honestly I would think a standard of beauty devised by the ancient Greeks would be a bit more, I don't know, boyish?

3 Jennifer Lopez back with Casper Smart

Jennifer Lopez is apparently all about stability these days. Not only did she just announce her first Las Vegas residency — set to start next January at the Planet Hollywood hotel and casino — but she's also reportedly back together with boyfriend Casper Smart. Lopez used Smart as the subject of her most recent "mancrush Monday" on Instagram, even giving him the hashtag "handsome bear." (And really, she should probably not click on that to see how other folks use it, just saying.) Anyway, that's Instagram proof that they're totally back together and ready to wed, yeah?

2 CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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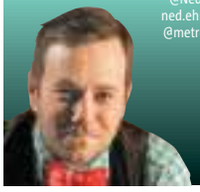

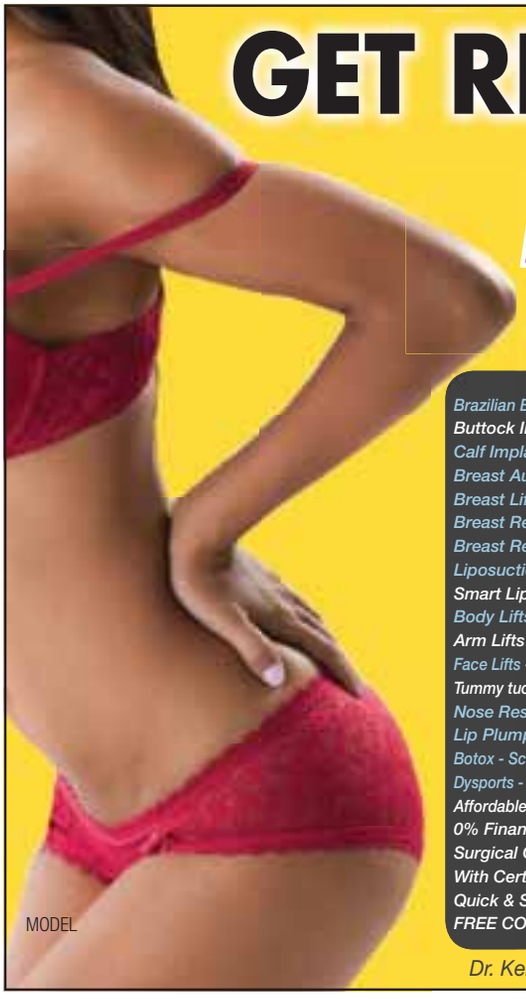

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'ASSASSIN'S CREED' FINALLY GETS A FEMALE CHARACTER

This week we learned that the newest "Assassin's Creed" game, "Assassin's Creed: Syndicate," will have a playable female character. Fans of the franchise will likely recall that when the last edition of the game, "Assassin's Creed: Unity," came out, it had none. None that were playable, that is. They'll also remember exactly what angered many fans: Developer Ubisoft's creative director, Alex Amancio, said that it was too hard to put in a playable female character: "It's double the animations, it's double the voices, all that stuff and double the visual assets. Especially because we have customizable assassins. It was really a lot of extra production work." Yeah, ladies are so hard to draw. So much extra work!

Female fans of the franchise, and no small number of men, were outraged. Difficult or not, it showed a complete tone-deafness to the number of female gamers out there (not to mention male gamers who just wanted another option). It's kind of like the "Avengers: Age of Ultron" toy set that replaced Black Widow in her own motorcycle scene with Captain America. Seriously, Marvel?

According to a recent study by the Entertainment Software Association, women make up 48 percent of gamers. That's almost half the market! People in the gaming community spoke out about their disappointment. We wrote articles. We tweeted. We wrote the company. And you know what? Something changed.

This time around we get to go back and forth between playing as twins Jacob Zenger and Evie Frye, with each getting equal time. We're also going to see quite a number of female villains.

And you know what? The world isn't going to end. Despite the venom about the insistence on playable female characters on social media, games

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Evie Frye will be the first playable female character in the "Assassin's Creed" franchise. / UBISOFT

haven't gone all pink and sparkly. Adding playable female characters to "Call of Duty: Black Ops III" didn't also add fatigues with the option for bedazzling. "World of Warcraft" has managed to live on with female characters for years. "Dragon Age," "Star Wars: Knights of the Old Republic," "Destiny" — they all did it and no one perished in a glitter bomb apocalypse. We all just had more options.

I write this because speaking out matters, no matter how much flack you get for it. Eventually, if we're loud enough, people listen. A very loud 48 percent of the market is going to make you stand up and take notice. Hear that, Marvel?

Geek Girl in Hollywood

JENNA BUSCH

JENNA BUSCH TAKES ON THE WAY POP CULTURE SNUBS ITS FEMALE FANS. VISIT METRO.US/JENNA-BUSCH FOR MORE COLUMNS, AS WELL AS HER SITE, LEGION OF LEIA (WWW.LEGIONOFLEIA.COM)

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Matt Dillon goes sci-fi

Matt Dillon's Ethan Burke tries to figure out what's going on in the premiere of "Wayward Pines," tonight at 9 on Fox. / ED ARAQUEL, FOX

Interview. The actor tries the genre world, courtesy of M. Night Shyamalan.

"Wayward Pines" is the kind of show that doesn't benefit from too much explanation before you dive into it. It's about a man, Ethan Burke, who, after a car accident, finds himself trapped in a strange town (the titular piney paradise), and can't figure out how to escape it or why everyone in it is acting so darn weird. Meanwhile, his family, still outside the town, struggles to figure out where he's gone to. The series was created by "Sixth Sense" director M. Night Shyamalan, and Matt Dillon stars as Burke, alongside a pretty talented cast of co-stars including Juliette Lewis, Carla Gugino, Terrence Howard and Melissa Leo. We chatted with Dillon about just why small towns are so creepy.

GETTY IMAGES

That 'Sixth Sense' guy

Had you seen some of Shyamalan's earlier work before?
Not most of it, but a lot of it. I was a fan.

He's good at building up the anticipation that a thriller like this needs.
Yeah, he is. The thing that I liked about his films is there's a verisimilitude to the characters, there's a truthfulness to those people. They seem real and honest to who they are. That was my big thing on the show. I wanted to make sure there were times I would say, "Well, would Ethan really do that?" I would mark that in the script saying, "Really? Why? How Come? Really?" And those are good things to do. You don't have to have the answers, but the questions are important.

The show seems to work in multiple genres. What would you say it is at the beginning of the season?
The beginning of the show? Very much the atmosphere of a thriller, but then it really goes into the genre of sci-fi.

How would you describe Burke?
He's a veteran in the Secret Service. He's very dedicated to his job and to his family. And when we find him in the story, he's been struggling with his own post-traumatic stress, which has caused him to have threatened his marriage. I would describe him as someone who's been reckless in his life. That might be one of the things that I would say is consistent with who Ethan is — he's been reckless at times.

Does that reckless quality serve him well once he's in Wayward Pines?
I do think there's an element — like people who are manic or have had these sort of episodes make bad decisions a lot. These particular circumstances are so absurd, where he is in this town that appears to be fake, not a real place. He has to do things differently. He has to because he's being stonewalled.

What is it about small towns that seems to inspire stories about strange events happening under the surface?
It has to do with subtext. There's the difference between the undercurrent and what's really happening. So you can dive in somebody's water, and it can seem really calm and then underneath, there's currents that are really flowing. That's why there's always been a fascination with these small towns.

LISA WEIDENFELD
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M. Night is scaring on the small screen now

Interview. The director is taking his trademark suspense skills to TV in "Wayward Pines."

With all the movie star talent heading to the small screen, it was only a matter of time before directors started following them. The biggest name to do so recently? M. Night Shyamalan of "The Sixth Sense" fame. He's turning to television with "Wayward Pines," a 10-part series adapted from the Blake Crouch novels, starring Matt Dillon. We caught up with Shyamalan to learn more about his new show.

Why did you decide to do a TV show?
I wanted to do a TV show a long time ago. Blake Crouch wrote an incredible story. In movies, you have to get to the answers as quick as you can. But TV allows me to tease the audience.

How do you introduce the unknown?
If you look at film, the old structure is first act, second act, third act. That's what it used to be. But this isn't the case any longer. If an accident hasn't happened, the audience gets impatient. It's like a chorus in a pop song. Right now, it's about 18 minutes setting up viewers. Something must happen every 18 minutes. Or people would say: "It's boring! Nothing ever happened!" And now the third act is much longer. Did you notice that in a comic book movie, the third act is about 60 minutes? There are no more first acts in movies. I love the first act. So TV gives me an opportunity to show the characters in the first act so the audience can live with them.

LUBA EGOROVA
MWN
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TV careers

A permanent change?

The "Sixth Sense" has become something of a calling card for you. Is that part of the reason you felt it was time to try something new?
Of course, I still love "The Sixth Sense." And the second one I like the most is "Unbreakable." These were children-oriented movies now being judged by 40-year-old males. You want me to keep making that? I get that. We all are guilty. We want the same day over and over again. ... As long as it's about characters and I have the ability to be dark, I'll be happy.

So it could be the start of your relationship with TV.
It could be, you never know. That's something I learned. You shouldn't have an agenda. You should just be in a moment.

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WHERE TO EAT, DRINK & PLAY

Manhattan's East Side is serving up the food worth traveling for.

EVA KIS
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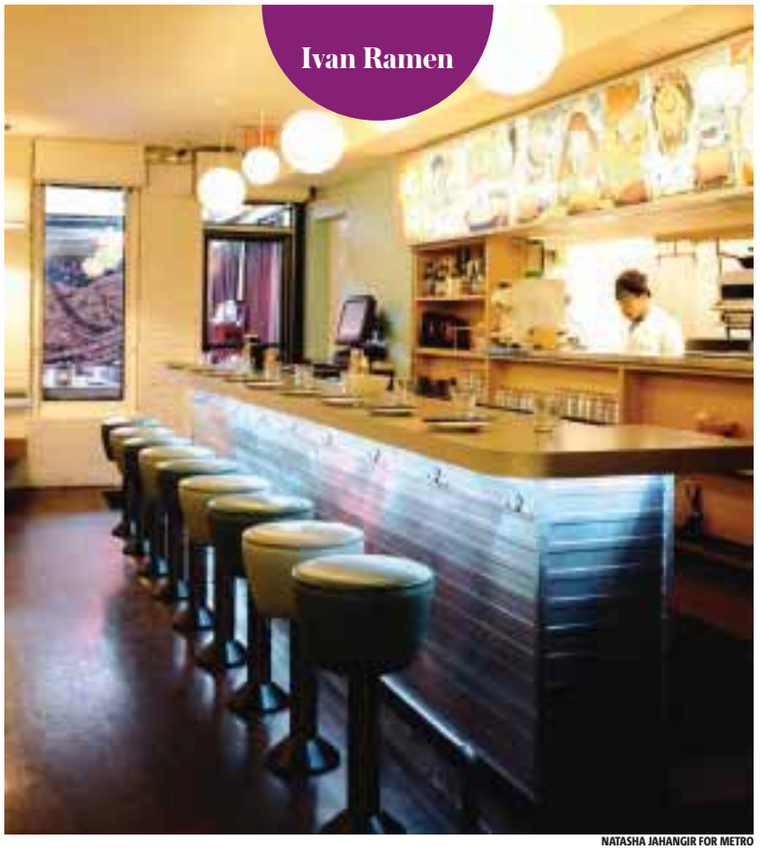
Does it seem like the East Side is having more fun? The neighborhood that used to be solidly Sid Vicious territory has grown out of its punk phase and into a vibrant scene for the arts — and a place where restaurants can feel free to try something different.

These days, if a restaurant in New York City wants to take a chance, it goes east of Broadway and south of Tompkins Square Park. Amid the creative community of young, stylish things hungry for new experiences, the chefs and owners at each of these four hot spots tell us how they feel like they've found more than a space to lease.

Ivan Ramen



NATASHA JAHANGIR FOR METRO

If ramen is passe, chef Ivan Orkin didn't get the memo. In fact, he is about to expand his Ivan Ramen empire to a third location after starting out a year ago from his retro-modern Lower East Side restaurant.

The vibe, like the food, is laid back: "I'm a real old-fashioned hospitality guy. What I like is an unpretentious atmosphere that is comfortable and enjoyable." He favors a "lighter and brighter" touch with the ramen broth that won't leave you with a "fat hangover." He's also bringing over the successful brunch menu test-driven at Gotham West Market, and launching lunch soon.

Starting out at 25 Clinton St. wasn't about being drawn by buzz — though he admits having Wylie Dufresne's WD~50 down the block didn't exactly count against it. Orkin has been coming to the neighborhood for 30 years for Guss' Pickles, Kossar's Bialys and Russ & Daughters.

Now, Orkin says, the area has something that's becoming hard to find.

"For those of us who've lived in New York all our lives, there's more and more neighborhoods that feel upscale and less and less New York-y," he says. "In the Lower East Side, there's a lot of nice people. I'm really into community and interested in having a neighborhood restaurant."

Dirt Candy

Amanda Cohen's vegetarian haven Dirt Candy has come a long way since 2008. After taking the risk of starting out amid a sea of fried chicken and steak restaurants in the Lower East Side, the planter-size Dirt Candy was working off a two-month wait list for its nine tables before finally spreading out into more spacious digs at 86 Allen St. last winter.

"I love this area; it's young and hip and vibrant, people actually go out at night," says Cohen about sticking around the LES. And for other restaurants considering the area, take note: "It also has really good rent, I'm not gonna lie."

As tastes have changed, Cohen says her clientele has also shifted from over 95 percent vegetarian to a majority omnivore and "curiosity eaters." The bigger kitchen has made life less cutthroat for diners longing for her carrot waffles with peanut mole sauce, smoked broccoli hot dogs and desserts composed of veggies. You don't have to close your eyes to be surprised by what's on your fork here.

"We cook with a sense of humor; we like to be creative," she says. "When we put dishes down in front of people, we want to make them smile. The name is fun, it should make you giggle and think, 'This is an adventure.'"

EVAN SUNG / STEPHEN ELLEDGE

PROVIDED

Notable neighbors

Dimes knew the crowd it would attract even before opening and named itself for the effortlessly boho chic set who have planted their flag to claim its breakfast quinoa salads and fruit-filled acai bowls. After barely a year, it's traded up from the six-table space at 143 Division St., which will become a takeaway spot, to larger digs just down the street at 29 Canal St. The menu got bigger, but the people-watching was already flawless.

If anything, **Mission Chinese Food** (171 E. Broadway) has only gotten better in the year since having to vacate its former Lower East Side home and operate as a pop-up in Brooklyn. In the coldest pit of winter just before Christmas, chef Danny Bowien reopened a more refined restaurant — that also serves pizza. The food is still spicy, the prices are still reasonable and there are still no reservations, but the wait is worth it for the city's newest modern classic.

The white-hot Mexican food trend sweeping the city finds two of its most solid entries in the East Village. The audacious Chinese-Mexican fusion cuisine is served until 4 a.m. Tuesday to Sunday at newcomer **Tijuana Picnic** (151 Essex St.), which is getting a basement tequila bar with room to move this Friday. And even newer is **Rosie's** (29 E. Second St.), by the team behind Chelsea sensation Cookshop. Chef Marc Meyer is finally putting all his south-of-the-border traveling to good use at this low-key spot made for al fresco dining, with "walls" that open the whole space to the outdoors.

PROVIDED

Dirty French

Major Food Group is known for creating instantly Insta-worthy spots that are as much about being seen as serving unique food — you may have heard about the mussels and lamb pasta dish at Santina, the Italian coast-inspired eatery that's managing to usurp the new Whitney's spotlight in the Meatpacking District.

So it's somewhat of a surprise that, according to partner Jeff Zalaznick, their concepts often takes shape after they've found a new space. For Dirty French (180 Ludlow St.), which opened last September — but good luck getting a table there still — the inspiration came from the history of the neighborhood when it had a distinct foodie identity.

"There was definitely a glory day of really interesting, exciting things happening in the neighborhood in the '80s — that was the real golden age, when people started opening bistros," he says.

Alongside a menu of Jazz Age-era cocktails, the food is bistro fare "from our unique perspective — we wanted to bring a New York sensibility to something very classic." Think millefeuille with coconut curry and crispy-skinned duck a l'orange. And we won't fault you for ordering more of the complimentary flatbread.

NANCY BOROWICK

Root & Bone

In the race to create the most innovative, cutting-edge spaces, Root & Bone (200 E. Third St.) set itself apart by going old school.

The Southern charm that drives a menu boasting what's been called the city's best fried chicken is built into every nook. "Top Chef" alums Jeff McInnis and Janine Booth (he's the Southern boy from the Florida Panhandle; she's Australian) not only collaborated on the food but also designed the space with the goal of creating "a humble, warm, inviting experience," Booth tells us. "When you walk into the dining room, you feel like you're inside someone's home." Your grandma's house probably didn't have taps topped with buffalo horns and the bill of a swordfish though, so don't just expect sugar and spice.

Drawn to the variety of food, and especially of cocktail bars, in the East Village, their hospitality extends beyond regular diners with an industry-focused weekday brunch. Their cocktails are also new for spring, so try one with your whiskey maple syrup-topped waffles.

MILES DIXON, METRO

#TBT

Old Fashioneds with 'Mad Men' creator Matt Weiner

The final episode of "Mad Men" airs this Sunday, but we suspect it will leave plenty of unanswered questions to ponder over Old Fashioneds for years to come.

Series creator Matt Weiner spent an afternoon doing just that — drinking and discussing — with us at Metro last month when he served as guest editor. On hand to mix (m)ad man Don Draper's drink of choice was John McCarthy, cocktail director at the Financial District's Cedar Local bar.

"I don't know if the show is responsible for this, but I love the cocktail culture," said Weiner as he watched McCarthy mixing the first round of Old Fashioneds in Metro's conference room. "But I am irritated by how long it takes to get a drink now.

"I've started even going in a more Don direction: Just give it to me on the rocks. 'Cause I don't have time for you to light that thing on fire!"

Weiner himself shares Draper's preference for the Old Fashioned, but there's more to the reason why it's the character's favorite cocktail.

"I felt that the martini was a cliché," he explained, "and I liked what it said: I like that [Don] was old fashioned. And I like, too, that it has fruit in it; it's the most manly womanly drink there is."

Though Weiner enjoyed McCarthy's version, he did note the lack of a mashed maraschino cherry. "People may well have made Old Fashioneds the way Don Draper did in the show back in the '60s," explained McCarthy, "but a classic Old Fashioned is the original drink called a 'cocktail' dating back to the late 1700s-early 1800s."

When 19th century patrons asked for a cocktail made "the old fashioned way," they meant by mixing any spirit with a little bit of sweetener, bitters and a citrus peel, stirred and served over ice. The cherry is merely a flourish.

Also on hand, for the rougher nights of Draper's seven-season run, was Macallan Rare Cask 15-year single malt, which unlike most whiskeys can be drunk neat even by non-alcoholics. But generally, "you have to be a Canadian to do that," Weiner joked. **EVA KIS**

Recipe

Smoky Old Black Fashioned

Ingredients:

- 2 oz. The Black Grouse
- 0.25 oz. honey syrup
- 2 dashes Peychaud's bitters
- 2 dashes Angostura bitters
- 2 dashes orange bitters

Directions:

For honey syrup, combine equal parts boiling water and honey. Stir all ingredients in a mixing glass. Pour over ice in a tumbler. Garnish with lemon peels.

ARTS

Frieze Art Fair

May 14-17
Randall's Island Park
$10+, FriezeNewYork.com
A maze that's also a personality test and an underground sculpture garden are just two of the over 1,000 contemporary art pieces on display at Randall's Island this weekend. Browse with treats from local shops in hand, like Milk Bar, Prime Meats and Parlor Coffee, and if you know as little about modern art as we do, there are seminars, workshops and other events taking place throughout the park.

PROVIDED

Listings

MUSIC

Everest Awakening

May 17, 1 p.m.
City Winery, 155 Varick St.
$40-$55, CityWinery.com
If you've been meaning to donate to Nepal following the recent earthquake, then check out this concert headlined by Patti Smith to benefit the survivors as well as other vulnerable areas of the Himalayas.

FESTIVAL

Harlem EatUp!

May 14-17
Multiple locations, prices
HarlemEatUp.com
Harlem is heating up as a foodie destination, so get to know some of the big names at this inaugural celebration spearheaded by chef Marcus Samuelsson, who just doubled down on the neighborhood with Streetbird Rotisserie. Events are individually ticketed and include talks, special dinners, a grand tasting in Morningside Park, demos from local chefs and A Sunday Afternoon in Harlem of local art, live music and a la carte tastings.

FOOD

The Great Big Bacon Picnic

May 16-17, various times
Old Pfizer Factory
630 Flushing Ave., Brooklyn
$99-$249, GreatBigBacon.com
Sometimes an event just sells itself. We're talking 100 chefs, mixologists and other bacon masters putting their best pork forward for your endless consumption. There'll be a bacon bar, best dish competitions and live music.

OUTDOORS

DOUG LYLE THOMPSON

Grand Banks

Pier 25, Tribeca
GrandBanks.org
The floating oyster bar of your Hamptons dreams is reopening this Friday. The team has added chef Kerry Heffernan (Eleven Madison Park), who's bringing a lobster roll, swordfish confit and poached oysters to the raw bar. Also new: brunch beginning at 11 a.m. on the weekends and nightly service ending at midnight, an expanded cocktail menu and Stumptown cold brew on tap.

Txikifest

May 17, 1-5 p.m.
Txikito, 240 Ninth Ave.
$53, 21+, Txikifest.com
Bust the summer heat with a glass of fizzy Txakoli, a dry white wine from the Basque region, or try some from all of the 20 wineries turning out for this celebration. Along for the cookout in Txikito's alley will be some serious heavy hitters like Co. Pizzeria, Dirt Candy and more.

PARTY

Mayfair

May 16, 10:30 p.m.
The McKittrick Hotel
542 W. 27th St.
$65+, McKittrickHotel.com
Subtitled "A Surreal Party," expect nothing less from the hotel that stages "Sleep No More." The decadent party will feature theatrical and musical performances throughout all levels of the hotel, a full open bar, DJs and "surprises." One caveat: The strictly enforced dress code requires either attire inspired by the surreal, or all white.

DRINKS

Cocktails and Chocolate NYC

May 17, 2-5 p.m.
Urbo, 11 Times Square
$55-$75, ChocolateAndCocktailsNYC.eventbrite.com
Cram your Sunday afternoon full of the kinds of sins worth living for with a tasting of decadent chocolates while sipping delicious cocktails — including, yes, chocolate cocktails — made by guest bartenders from around the city. Pro tip: Save 25 percent on your tickets with code GURU.

T. Michelle Murphy

On your radar

A familiar face will lead The Four Horsemen

James Murphy's post-LCD Soundsystem career as a DJ can wait while he pours one out in Williamsburg. GETTY IMAGES

What's left to do after you've toured the world as the lead singer of a band? Open a wine bar in Williamsburg, of course.

James Murphy, of the late LCD Soundsystem, acknowledges that the move isn't exactly natural. He semi-jokingly summed up the venture, called The Four Horsemen and set to open next month at 295 Grand St., to The New York Times as his need for "something with really low margins, high risk, brutal hours and which I have no experience at."

The passion for wine, according to the Times, came when he tried a "radical" Sicilian orange variety. Expect that kind of adventurousness on the wine list, plus a planned collaboration or two with Brooklyn Brewery, general manager Katrina Birchmeier tells Hospitality Magazine. Plates family-style and tapas-size will be served by chef Nick Curtola (Franny's), changing with the season and ranging from pig's ear terrine to aged duck breast with wild fennel, according to Birchmeier. Eva Kis

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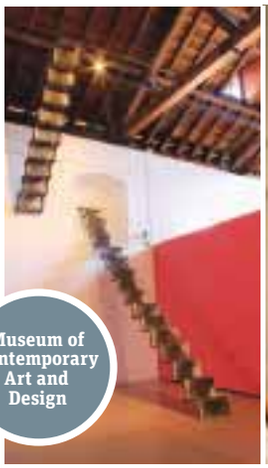
The cultural side of Costa Rica

ALL PHOTOS CORRIE WINGATE/APA PUBLICATIONS



More bird species have been seen in Costa Rica than in the US and Canada combined. But there's also a rich cultural heritage in the country, with many world-class museums in the capital, San Jose.

One of the best is the Museum of Pre-Colombian Gold (Museo del Oro Precolombino), in an underground building below the Plaza de la Cultura. Despite its small size, it has an impressive collection of over 1,600 items — ranging from the country's first coins to a life-size gold warrior — with many exquisitely beautiful creations in between.

The Costa Rican Art Museum (Museo de Arte Costarricense) is free and housed in a former airport terminal building at the entrance to La Sabana Metropolitan Park. It tells the history of the nation's art from the earliest beginnings of Costa Rica through to the present day, with a good coverage of modern artists. If you want to see more about Costa Rica's current art scene, visit the Museum of Contemporary Art and Design (Museo de Arte y Diseno Contemporaneo), which also covers international art with a special emphasis on Central America.

The National Museum (Museo Nacional de Costa Rica), housed in the 1917 Bellavista Fortress, covers the history of the country through to the present day, with many artifacts including pre-Colombian items. Information is in both Spanish and English and a surprise delight is the butterfly and tropical plant garden attached to the museum.

The Jade Museum (Museo del Jade "Marco Fidel Tristan Castro") is in fact an archaeological museum which also has the world's largest collection of pre-Colombian jade. The displays spread over five floors and are well worth seeing. The Children's Museum (Museo de los Ninos) isn't just for children. It's a world-class museum with a vast collection exploring all aspects of modern life. Don't miss the earthquake simulator — both fun and frightening.

These are just a handful of the many San Jose museums worth seeing and which fully justify a stay of several days in Costa Rica's capital.

INSIGHT GUIDES | MIKE GERRARD AND DONNA DAILEY

Three museums outside the capital

The Museum of Popular Culture

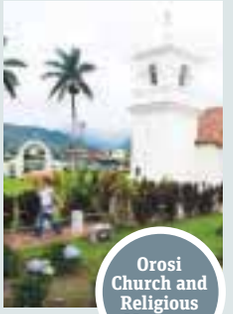
Near Heredia, a few miles north of San Jose, this museum has a small but enjoyable collection of items about domestic life in Costa Rica. It also hosts events and classes.

Selvatura Butterfly Garden and Insect Museum

The Selvatura Park has an outstanding butterfly garden with over 50 different species, and the remarkable Insect Museum has over a million specimens and is one of the largest of its kind in the world.

Orosi Church and Religious Museum

The church was built in 1743 and is the oldest Catholic church still in use in Costa Rica. The museum is small but sheds a fascinating light on the religious history of this town in the beautiful Orosi Valley.



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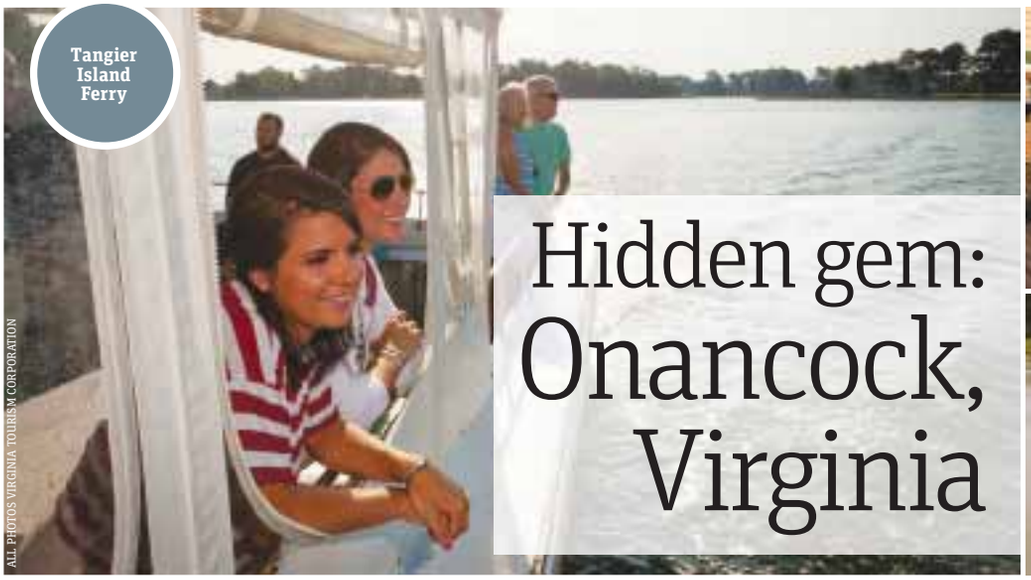


ALL PHOTOS VIRGINIA TOURISM CORPORATION

Hidden gem: Onancock, Virginia

You'll find galleries, restaurants, live theater and romantic B&Bs in many places — including this tiny fishing village on Virginia's Eastern Shore.

The town is Onancock, with a population of about 1,500. Once a port for steamboats plying the Chesapeake Bay, it drifted into obscurity when that era ended — until entrepreneurs, artists and corporate refugees revitalized it. Onancock has urban amenities with wetland views and bay breezes.

Park your car and forget it; walking is the way to get around. You'll want to get closer looks at the Victorian ladies, including B&Bs like the Colonial Manor Inn and the Inn at Onancock, that line the streets.

Artists and artisans are inspired by the region's light and atmosphere. You'll find traditional sailboats-at-sunset paintings and tapestries exploding with colorful abstract designs. During monthly Second Fridays, studios stay open late. The Red Queen Gallery showcases local artists and high-end crafts in a light-filled, cheerful space, and Jack Richardson's Fine Art displays his oils along with works by other artists.

The theater scene is at the North Street Playhouse. The year-round schedule is an eclectic mix of stage plays, one-night readings, dance, revues and new productions. The restored 1950s-era Roseland Theatre hosts the International Film Series on the second Thursday of the month, highlighting foreign films.

Outdoors, SouthEast Expeditions provides guided kayak tours through the marshes to find waterfowl, wildlife — and wine. The "paddle and sip" trips visit area wineries via kayak. Hop on the ferry to tiny Tangier Island, one of only two inhabited islands in the Chesapeake. Book early to stay at a B&B.

The seafood on the island was probably swimming in the bay that morning.

Back on the mainland, Mallards has water-view dining. Market Street Grill, Bizzotto's, Charlotte Hotel and Restaurant, and The Inn and Garden Cafe are all good choices. **INSIGHT GUIDES | FRAN SEVERN**

For more information, visit Onancock.org.

Horoscope

♉ Taurus | April 21-May 21
Someone will try to discredit you. Keep all of your business dealings open. This is not a good time to lend or borrow money.

♊ Gemini | May 22-June 20
The more you know, the better your chances of advancement. You will discover a way to masterfully market a skill or service.

♋ Cancer | June 21-July 22
Confusion or indecision will cause you to reconsider your vocation. If you aren't moving in the right direction, it's time to plot a new course.

♌ Leo | July 23-Aug. 22
Love and romance will soothe your troubled mind. Spend quality time with someone special to counter daily pressures.

♍ Virgo | Aug. 23-Sept. 22
Easy money is headed your way through an inheritance, rebate, old debt or settlement. Don't spend it rashly. An unanticipated expense will set you back quickly.

♎ Libra | Sept. 23-Oct. 22
With drive and determination, you can outmaneuver any opponent. Don't expect to get results if you sit back. Put your ideas out there.

♏ Scorpio | Oct. 23-Nov. 21
The more activities you are involved in, the more allies you will gain. Feel free to share your ideas. The results will be worth the effort.

♐ Sagittarius | Nov. 22-Dec. 21
Today is all about positive change. Physical fitness and healthy eating habits will improve your image and self-esteem.

♑ Capricorn | Dec. 22-Jan. 20
Family demands will cause headaches. Promptly deal with any issues that arise. Letting unpleasant situations fester will lead to unnecessary distress.

♒ Aquarius | Jan. 21-Feb. 18
Celebrate your uniqueness. Your creativity will lead to a lucrative side business. Don't be reluctant to sell something.

♓ Pisces | Feb. 19-March 20
You may be called upon to put in extra time. Don't complain. Your superiors will be impressed with your willingness and versatility.

♈ Aries | March 21-April 20
Thorough research you will uncover valuable information. Financial gains are possible if you use your intuition, knowledge and experience. EUGENIA LAST

Sudoku: Easy and hard

	2	7			5		3	
5			4		7			6
	1				3	7		9
						3	7	
		5		7		9		
	4	1						
4		6	9				8	
8			7		4			1
	9		3			6	4	

1			7		3	6		
7			8					
		4	1			9		
	5		4	7	1			
	1		6		9		2	
			5	8	2		7	
		9			5	7		
					8			5
		3	9		7			6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Smoking a lucrative business — for the state

Re: 'Smoke, butts should be banned' (Metro, May 11) If the state were to ban smoking in public, indoor smoking has completely ended, then smoking would cease to exist. Letter writer Geoffrey Palmer may be happy about this at the moment, but when the state needs to make up for all the missing taxes, I'm sure he won't be happy to pay the extra money. Smokers pay tens of millions of dollars in taxes to the state. I think it might be cheaper for Mr. Palmer to cross the street if the smoke is bothering him, or he will need to dig deep into his pockets. L. BARKLEY

We'd all like to stay home with the kids

Re: 'Moms need money' (Metro, May 13) Do you have an idea of the number of mothers (single and not) who "want to stay home with their child" but are unable to? Do you have any idea of the number of mothers who don't qualify for any aid because their minimum-wage jobs have them making a few cents more than allowed when receiving assistance? Did you ever think maybe people should be grateful that there is any FREE assistance out there instead of pissing and moaning that they "should be able to stay at home with their child" instead of working? JENN MATRONE CLARK

Visit us online at **Metro.us.**

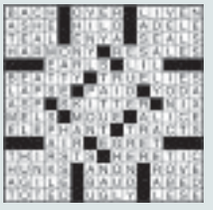
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

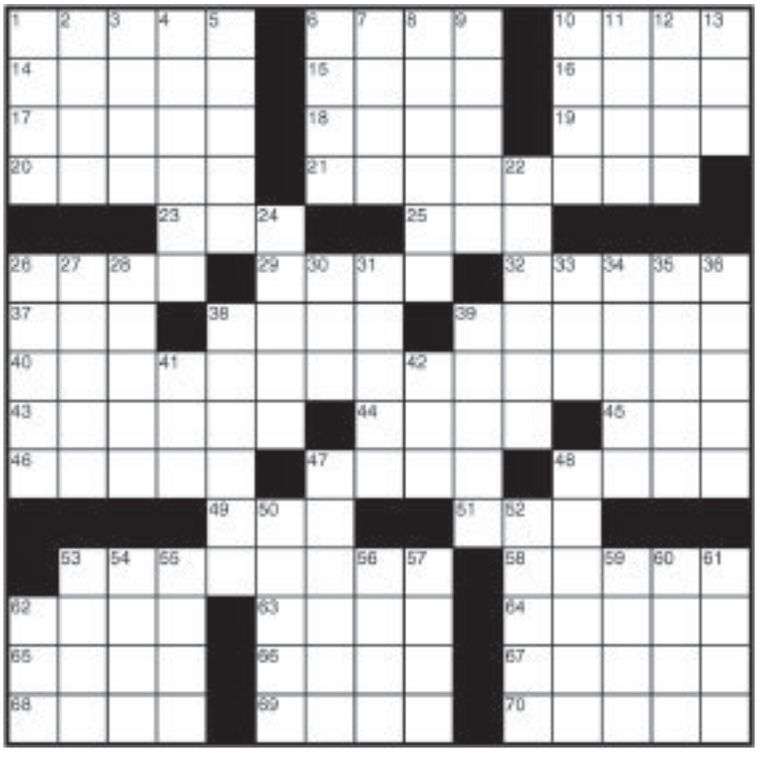
Crossword

Across
1 Stadium levels
6 Hunter's buy
10 Good, in Paris
14 Shack
15 Tango requirement
16 Rights org.
17 Phoenician port
18 Football kick
19 Flash of lightning
20 Early anatomist
21 Draws in
23 RR terminal
25 London lav
26 Leads to the altar
29 Easy mark
32 Tibet's capital
37 Flight stat
38 Positive
39 Crystal-filled rocks
40 Cannibal's quick order? (2 wds.)
43 — de corps
44 Breezy greeting
45 Dog days in Dijon
46 Tankard
47 Disposes of
48 Ado
49 Laird's refusal
51 Yes, in Kyoto
53 Stone roller of myth
58 Fluid rock
62 Hops stem
63 Tick off
64 Hayes or Asimov
65 Gymnast — Korbut
66 Latin hymn word
67 Tea cake
68 Jingle or limerick
69 Camera part
70 Sank, as a putt

Down
1 Mugger
2 Scintilla
3 More than bad
4 Alcove
5 Reporter's angle
6 Client mtg.
7 Part of Hawaii
8 Join the crowd
9 Lawn products brand
10 Bunyan's ox
11 Computer graphic
12 Annexes
13 Wrench target
22 El Greco's home
24 Fully grown
26 Stirs from sleep
27 Physicist — Mach
28 Fruit with a stone
30 Suffix for forfeit
31 "Goodfellas" actor
33 In what manner
34 Farewell
35 Splinter groups
36 Hibachi residue
38 Rawboned
39 Grind one's teeth
41 Dernier —
42 Provide help
47 End a layoff
48 Debacle
50 Spring time
52 "Witness" folk
53 Rocket housing
54 "Bus Stop" author
55 Pants feature
56 — Bator
57 Pays a visit
59 Liverpool poky
60 Thick head of hair
61 Made top honors
62 "Be- — -A-Lula"

Yesterday's answer





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Certified Audit CAC of Circulations

Stepan, Rangers stun Caps in OT, win series

NHL. The Rangers advance to the Eastern Conference Final.

Kevin Hayes scored the Rangers' first goal Wednesday. / GETTY IMAGES

There are few things in sports that are more frantic than a Game 7 playoff hockey game that goes to overtime. A season can end in, literally, the blink of an eye and that's exactly what happened to the Capitals Wednesday night at Madison Square Garden as Derek Stepan became a New York hero with a goal at approximately 10:50 p.m.. The Rangers won the game, 2-1, and the series, 4-3. They will face Tampa Bay in the Eastern Conference Final Saturday at MSG at 1 p.m..

It didn't look good for the Rangers early in the extra session as the Caps put relentless pressure on Henrik Lundqvist, getting four shots on goal in the first four minutes and eight shots to the Rangers' three in the first 10 minutes. But New York was resilient throughout, biding their time until Stepan sent the MSG crowd into a frenzy.

In the early going of Game 7, it actually had the feel of a game in which the Rangers could be shutout. But the Blueshirts took advantage of a power play in the second period as Ryan Ryan McDonagh, J.T. Miller and Kevin Hayes connected on a bang-bang-bang type of goal in which Braden Holtby did not have a hope on Hayes' lamp-lighter.

The tying goal gave way to a frantic pace, with both teams hustling up and down the ice. Both teams appeared fatigued as the second period came to a close, however, the wear of a brutal seven game series showing.

The Capitals broke through to grab a 1-0 lead at the 12:50 mark in the first. Originating from a faceoff win, Alex Ovechkin scored by beating McDonagh to the puck.

By the numbers

35

Henrik Lundqvist was again phenomenal for the Rangers, recording 35 saves. Braden Holtby was tremendous for the Capitals in net, deflecting 37 New York shots.

MATT BURKE
@Burke_Metro
sports@metro.us

MLS

Henry gives Red Bulls, Lloyd an 'attaboy'

Even from England, the "Legend" continues to keep an eye on his former team and his old teammates.

Turns out that Thierry Henry, the recently retired New York Red Bulls star who is now broadcasting for the BBC, can't help but keep up with the last team he ever played for. After the Red Bulls beat New York City F.C., 2-1, on Sunday night, Henry hit up the cell phone to connect with midfielder Lloyd Sam following his former teammate's two-assist performance in the derby win.

"We were texting after the game against NYC. He was just saying he thought I was the man of the match, actually, that's what he texted me. We had a little conversation about the game – that's not me saying that – I'm just telling you what he said," Sam said on Wednesday. "We talked after – he's still watching the game – we talk after most games. He still knows what's going on."

Ironically it is because of Henry – or perhaps more aptly because of the lack of Henry – that Sam is shining this year. That's not a shot at Henry, just that the absence of the greatest player to ever suit-up for New York is opening the door for others, like Sam, to shine.

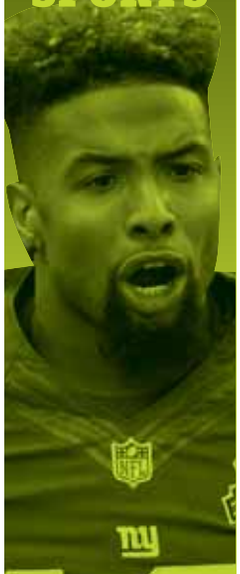
Lloyd Sam, right, has excelled for the Red Bulls in 2015. GETTY IMAGES

So far in nine appearances, of which eight were starts, Sam has three goals and three assists, putting him in contention as an early MVP candidate. His continued growth and development is evidenced by his ability to be dynamic in the final third this year.

Far from the stats, he's also been pivotal for the Red Bulls in head coach Jesse Marsch's new system, a high-press style that requires Sam to do a lot of dirty work. Marsch has hailed Sam and his relationship with a player who is making an early statement to be an All-Star and Best XI.

"Everyone keeps saying that. I feel like I'm not that different from last year apart from I'm trying to get a few more goals," Sam said. "Obviously we don't have the big man Thierry here no more so naturally I'm going to get more of the ball now, that's one of the differences." KRISTIAN DYER

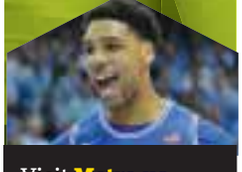
3 SPORTS



NFL

Beckham lands on cover

Odell Beckham's circus catch against the Cowboys last season looked as though it came straight from a video game. Madden, the most popular sports video game franchise in history, will now immortalize Beckham. The Giants wide receiver will grace the cover of Madden 16, as he beat out Patriots tight end Rob Gronkowski for the honor. Beckham reportedly received 55 percent of a fan vote.



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FANTASY FOOTBALL: VETS WHO WON BIG ON DRAFT DAY

NFL players watch the draft just like the rest of us. The only difference is they're rooting for nothing to happen. The biggest message an organization can send to a player is using significant draft capital at their position. It speaks to unsatisfactory performance and a need to add talent. With that in mind, these guys got a big vote of confidence coming out of the draft:

NFL news

Jimmy Garoppolo shouldn't be the butt of some Deflategate joke. The Patriots used the No. 62 pick on him in 2014 because the kid can really play. He showed some of that last preseason, with a 5:1 TD-INT ratio.

Sam I am

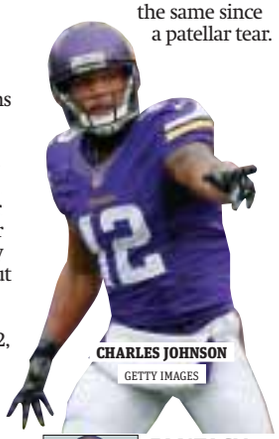
As expected, the Eagles tried to trade up for Marcus Mariota. It didn't happen, leaving Sam Bradford as the unquestioned starter in a Chip Kelly offense — a role in which we've seen middling quarterbacks produce massive numbers. In 2013, Nick Foles was fantasy's No. 6 quarterback at 22.5 points per game. In 2014, Mark Sanchez was up at 21.3 fantasy points per game. If healthy, Sam Bradford's ceiling is far higher than both of those players, setting him up as an ideal target for the "wait on QB" crowd in fantasy drafts.

Viking quest

Prior to the draft, questions remained about just how high the Vikings were on Charles Johnson. They answered that by passing on former Teddy Bridgewater teammate DeVante Parker in the first round and only used one pick on a wideout (fifth-round special teams type Stefon Diggs). That locks in Johnson, a 6-foot-2, 215-pound athletic specimen, to an every-down role with an ascending Bridgewater in Norv Turner's vertical offense. Johnson will also benefit from the arrival of Mike Wallace, who will be drawing safety help over the top consistently.

Handle on Randle

The Cowboys' decision not to draft a running back was the biggest surprise of the draft. This is a team that found tons of success last season by controlling the clock with DeMarco Murray as a battering ram behind a dominant offensive line. Don't expect Jason Garrett to change that formula. So that means Darren McFadden, Joseph Randle and Ryan Williams are left to compete for one of fantasy's premier jobs — a role Randle should be favored to win. He's the incumbent and the one that led the NFL in yards per carry last year. McFadden no longer has any wiggle and Williams has not been the same since a patellar tear.



CHARLES JOHNSON
GETTY IMAGES

FANTASY SPORTS
ADAM LEVITAN
alevitan@metro.us

Sam Bradford should put up big numbers in Chip Kelly's offense. / GETTY IMAGES

NFL dynasty studs

Dynasty leagues value raw talent over short-term situation. The best bets:

- **Amari Cooper, WR, Raiders** — Young wideouts that can win both short and deep are gold. Cooper can be an asset for a decade.
- **Todd Gurley, RB, Rams** — Gurley is a poor redraft bet thanks to his ACL tear and Rams' offensive line. In the long-term, however, Gurley will be special.
- **Kevin White, WR, Bears** — Receivers that stand at 6-foot-3 and weigh 215 with 4.35 speed and elite hands are the exact kinds of players to target in most dynasty formats.

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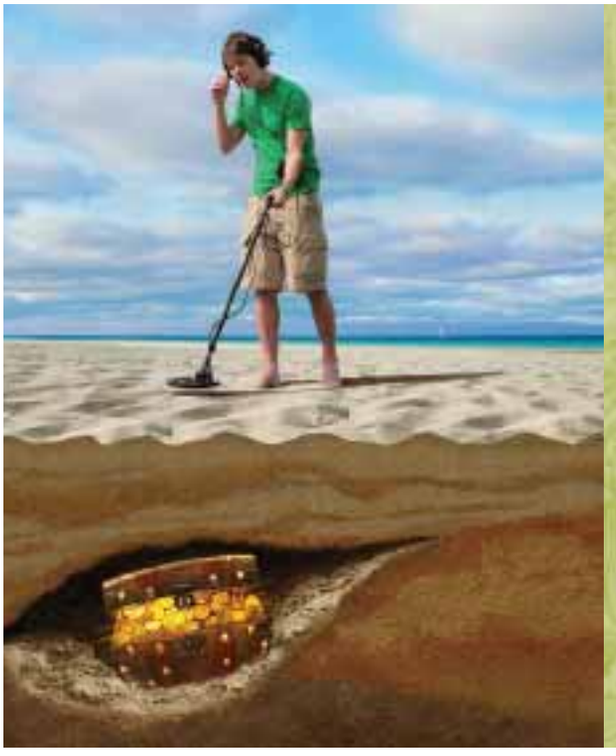

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